Kwibuka 32
remember - unite - renew

UBUFASHA BWO GUHUMURIZA UWAGARAGAYEHO IHUNGABANA

Ihungabana ni iki?

Ihungabana ni impinduka ziba mu mitekerereze n' imyitwarire by'umuntu wagwiririwe n'ibyago bikomeye kandi bimutunguye; urugero: Jenoside

Ibimenyetso by'ihungabana

Uwagize guhungabana arangwa no kugira amarangamutima hamwe n'imyifatire bidasanzwe birimo ibi bikurikira:

- Kongera kubona ibyakubayeho (urugero: muri jenoside yakorewe abatutsi); bikagaruka mu bitekerezo ukabibona nk'aho birimo kuba ako kanya; cyangwa guhora urota inzozi mbi zibigarukaho
- Gutaka cyane, gushaka guhunga, kwiruka asa n'uhunga abo Aba abona bagiye kumwica; guhunga ahantu, abantu cyangwa ibintu bikwibutsa ibyabaye.
- Impinduka mu mubiri no mu marangamutima, ukagira Ubwoba bwinshi cg kumva udatuje,
- Guhindura uko ubona ibintu n'ubuzima, Kwiheba no kurira ku kigero cyo hejuru

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Kwibuka
remember - unite - renew
32

Ubufasha buhabwa uwahungabanye

Kugira ngo dufashe umuntu wagaragayeho ibimenyetso, dusabwa gukora ibi bikurikira:

- Kumushyira ahantu hatuje kandi hiherereye
- Kumuba hafi, kumuhumuriza, kumufasha kugaruka mu gihe turimo, kumutega amatwi ariko twirinda kumuhatira kutubwira amateka yamuhungabanyije
- Igihe ibimenyetso bikomeje tugomba kwihutira kumushyikiriza ivuriro riri hafi

Uramutse ugize ikibazo cyangwa uwo muri kumwe cyaba ihungabana, ibindi bifitanye isano n'uburwayi bwo mu mutwe, ikoreshwa ry'ibiyobyabwenge cyangwa gushaka kwiyahura; ihutire ku ivuriro rikwegereye ufashwe. Ushobora kandi guhamagara ***114.***